



LYNCHBURG
PARKS & REC

SUMMER 2015 ACTIVITY GUIDE



PAGE 5: NEW SUMMER CAMPS!

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WWW.LYNCHBURGVA.GOV/PARKSANDREC
PARKSINFO@LYNCHBURGVA.GOV



LYNCHBURG PARKS & REC

MAIN OFFICES AT MILLER CENTER

(434) 455-5858 • 8:30am - 5:00pm
301 Grove Street, Lynchburg, VA 24501

CONTACTS

MAIN OFFICE / MILLER CENTER

(434) 455-5858

CANCELLATION LINE • (434) 455-5860

Recreation Services • (434) 455-5877

Athletics/Aquatics • (434) 455-5882

Naturalist Programs • (434) 455-5878

The Nature Zone • (434) 455-5828

Volunteer Program • (434) 455-5886

Citywide Centers • (434) 455-5837

Fairview Center • (434) 847-1751

Templeton Senior Center • (434) 455-4115

Art Studio at Jackson Heights Center •

(434) 455-4001

Neighborhood Centers • (434) 455-5857

College Hill Center • (434) 847-1418

Daniel's Hill Center • (434) 847-1396

Diamond Hill Center • (434) 847-1409

Jefferson Park Center • (434) 847-1405

Yoder Center • (434) 847-1645

HOW TO REGISTER

Registration for classes and activities can be done in one of the following three ways. Activities with special registration guidelines will be noted in the activity description.



ONLINE

www.lynchburgva.gov/parksandrec



DIRECT MAIL

Mail your completed registration form (in the back of this guide) to Lynchburg Parks & Recreation, 301 Grove Street, Lynchburg, VA 24501



IN PERSON

Visit our offices at Miller Center, 301 Grove Street, to register in person.

SCHOLARSHIPS

If you are a Lynchburg city resident in need of financial assistance to participate in Parks & Recreation programs, you and your family members may qualify for a scholarship. Residents of all ages are eligible. Scholarship applications are online at www.lynchburgva.gov/parksandrec and at any of our centers or offices. Must be submitted for approval five business days prior to registration deadline.



SUBSCRIBE



Stay updated on the latest Parks & Rec activities, events, and news. To subscribe, visit our website at www.lynchburgva.gov/parksandrec.



The Lynchburg Parks and Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.



OUT-OF-SCHOOL PROGRAMS

After School Program

Ages 6 to 17

On weekdays after school, the neighborhood centers focus on growing children through active play, homework help, snack, and enrichment activities. The schedule follows the Lynchburg City Schools' academic calendar. Register your child at the neighborhood center of your choice.

FREE

Monday – Friday

8/25 - 6/5 3:00pm - 6:00pm

Center	Contact	Activity
Miller Center	(434) 455-5959	61000.120
College Hill Center	(434) 847-1418	65100.201
Daniel's Hill Center	(434) 847-1396	67100.201
Diamond Hill Center	(434) 847-1409	66100.201
Jefferson Park Center	(434) 847-1405	62100.201
Yoder Center	(434) 847-1645	64100.201

LR = LYNCHBURG RESIDENT DISCOUNT

Fairview Extras

Ages 6 to 17

After school is eXtra fun at Fairview. Safe, structured activities offer your child opportunities to learn new skills. Activities include fitness, art, indoor and outdoor games, special guests, tutoring program for homework help, and healthy snacks. Call 847-1751 for more info.

\$10.00 LR / \$15.00

Fairview Center

M - F 5/1 - 5/30 3:30pm - 6:30pm 63100.210

School's Out!

Are Lynchburg City schools closed due to a teacher planning or special day? If so, bring your child to spend the afternoon at the Fairview Center. School's Out! Offers kids a variety of planned activities that promote movement, fun, fitness, art, life skills, outdoor recreation, and more. For more information call the Fairview Center at (434)847-1751.

\$13.00 LR / \$20.00 per day

(Participants registered for the Fairview Extras After School Program only pay \$3.00/ day additional fee).

Open Recreation For Youth

Ages 6 to 17

Bring your child to the center for an afternoon of recreation. Children can choose active play—basketball, ping pong, four square, pool, or another fun moving game. Or they can spend some time playing popular table games—checkers, connect four, chess, cards, and more. Snack offered daily.

FREE

College Hill Center

M - F 6/15 - 8/14 2:00pm - 5:30pm 65200.201

Daniel's Hill Center

M - F 6/15 - 7/3 2:00pm - 6:00pm 67200.201

M - F 8/3 - 8/14 2:00pm - 5:30pm 67200.202

Jefferson Park Center

M - F 6/15 - 6/26 2:00pm - 6:00pm 62201.201

M - F 8/3 - 8/14 2:00pm - 6:00pm 62201.202



CALLING ALL INSTRUCTORS, GUEST SPEAKERS, ORGANIZATIONS!

If you have a special talent or skill and are interested in teaching a class (any age) contact Allyson McSwain, City-Wide Center Supervisor: allyson.mcswain@lynchburgva.gov or (434) 455-5837. Instructors especially needed for pottery, stained glass, theatre, fitness, art, educational and mentoring programs, and life skills.



CAMPS

Discovery Camp

Ages 6 to 17

"Discovery Camp" summer camp is full of "firsts" for many children. Full or half day options are planned to meet your family's needs. Fun, learning, healthy living, and affordability are all kept close in mind. Campers will visit local parks, swim at Miller Park Pool, learn basic culinary skills, learn theatre basics from Endstation Theatre Company artists, explore archery, enjoy active games and sports, take art and pottery classes, visit the Nature Zone, and will learn creative writing techniques with WordWorks. Register soon – only 30 spaces available per session! Lunch included.

Miller Center

\$160.00 LR / \$240.00

Full Day Camp / Session I

M - F 6/15 - 7/10	8:30am - 5:30pm	61000.220
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Full Day Camp / Session II

M-F 7/20 - 8/14	8:30am - 5:30 pm	61000.221
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Fairview Center

\$80.00 LR / \$120.00

Half Day Camp / Session I

M - F 6/15 - 7/10	12:00pm - 5:30pm	63200.220
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Half Day Camp / Session II

M - F 7/20 - 8/14	12:00pm - 5:30pm	63200.230
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Archery Camp

Ages 8 to 16

Campers will learn about this age old sport as they practice skills and improve their form in this week-long camp. Participants will be introduced to parts of the bow and arrow, different types of bows, and will learn to how to safely handle and use the equipment. Tips and techniques will be shared on how to improve shooting accuracy and a variety of fun practice targets will be available. Register by 7/7.

\$50.00 LR / \$65.00

Fairview Center

M-F 7/13 - 7/17	10:00am - 12:00pm	63200.231
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Summer at the Center

Ages 6 to 11

Summer at the Center offers youth a full day of play! From traditional games and crafts to cultural arts and enrichment, there is something for everyone. Plus there is plenty of outdoor play, weekly pool visits, days in the partks, hikes on the trail, summer sports, and more to explore. Lunch and snacks are provided. Register by 6/12.

\$80.00 LR / \$120.00

Diamond Hill Session 1

M - F 6/15 - 7/10	8:30am - 5:30pm	66200.201
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Diamond Hill Session 2

M - F 7/20 - 8/14	8:30am - 5:30pm	66200.202
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Yoder Session 1

M - F 6/15 - 7/10	8:30am - 5:30pm	64200.201
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Yoder Session 2

M - F 7/20 - 8/14	8:30am - 5:30pm	64200.202
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Did you know that Lynchburg Parks and Recreation offers scholarships?
Find details on page 3!



AQUATICS

Miller Park Pool

2100 Park Avenue

- Spiral water slide!
- Low and high diving boards
- Kiddie pool and giant mushroom with cascading water
- Lawn chairs
- Concession area
- ADA accessible

Season:

Opens weekends starting May 24

Opens daily starting June 8 through August 16

Hours:

M - Sa 12:00pm - 6:00pm

Su 1:00pm - 5:00pm

Admission Fees:

Special \$5.00/person rate applies to Memorial Day weekend only.

2 & Under Free

Youth Ages 3-15 \$2.00*

Adults Ages 16 & Up \$3.00

Season Pass \$50.00

Family Pass Base Rate \$120.00**

*Children 10 & under must be accompanied by an adult.

**Valid for up to 4 family members. Each additional family member is \$25.00.

Lap Swim for Fitness

Ages 16+

Our Olympic size pool is the perfect place to enjoy swimming laps under the summer sun! We offer open lanes to improve fitness, practice strokes, or train for a triathlon. Times may vary depending on pool special events. Check with the pool front desk staff for up-to-date information. Register at any time.

Fee: \$40.00 LR / \$55.00

June 8 - August 7 34025.201

M W Th F 6:00am - 7:00am

M F 9:00am - 11:00am

Sa 8:00am - 10:00am

miller park pool special events

Battleship

Ages 13 +

Be prepared to get soaked as you and your team try to sink the competitions battleship before they sink you. Join us for this wacky and wet competition at Miller Park Pool as teams of 3-5 people take to the pool in special battleships (canoes). Register by 7/20.

\$40.00 Team fee + \$5 per non-resident

Miller Park Pool

M 7/27 7:00pm - 9:00pm 34070.201

T 7/28 7:00pm - 9:00pm 34070.202

Memorial Day Weekend Celebration

Sunday, May 24, 1:00pm - 5:00pm

Monday, May 25, 12:00pm - 6:00pm

Tickets \$5.00/person (kids 2 and under are free)

To avoid lines, purchase tickets early at the Parks and Recreation Office, 301 Grove St.

Water Safety Day

Friday, June 19, 12:00pm - 6:00pm

Come learn about how you and your family can stay safe in, on, and around the water.

Fee: Regular pool entry fees apply.

Military Appreciation Day

Friday, July 4, 12:00pm - 6:00pm

Fee: Show your Military I.D. for FREE admission.

Back to School

Saturday, August 15

12:00pm - 6:00pm

Fee: Show your school pride by wearing any school shirt and get \$1 off regular price admission.

Paws in the Pool

Saturday, August 22, 1:00pm - 3:00pm

Friends of the Lynchburg Dog Park present this fun event when the Miller Park Pool goes to the dogs for the day.

LR = LYNCHBURG RESIDENT DISCOUNT

SPLISH-SPLASHING FUN ALL SUMMER LONG



Miller Park Pool

2100 Park Avenue

Stop by for a swim, slide down the spiral water slide, take a jump off the diving boards, wade in the kiddie pool or just lounge. More info on previous page.

Riverside Park Sprayground

2338 Rivermont Avenue
Open Daily: May 1 - October 11
11:00am - 7:00pm

Spend the day at the park! Enjoy the playground, designed for all abilities, have a picnic, or cool off on the splash pad with squirting water, spitting frogs, and dumping buckets. Add Riverside Park to your list of summer time adventures! Free to all.

Riverfront Park Fountain

1000 Jefferson Street
Open Daily: May 1 - October 11
11:00am - 7:00pm

Bring your child to splash and play in the dancing water spouts fountain by the James River. Free to all.

Come have fun and remember...

- Be patient and practice common courtesy as no lifeguards on duty.
- Children must be supervised at all times.
- Appropriate attire is required.

Pool Rentals

Splash, slide and dive with families, coworkers and friends!

Miller Park Pool is available for rentals when closed to the general public. All rentals will be for a two hour time slot, which allows for an hour and 45 minutes of swim time.

Private rentals accepted between June 11 and August 9.

Pool Rental Fee (up to 125 people): \$ 300

Pool Rental Fee (up to 200 people): \$ 350

Learn-to-Swim Lessons

Help your child achieve success in their swimming skills while enjoying time with other children in our American Red Cross Learn-to-Swim Program. Recently revised course requirements are age-appropriate with safety always being top priority. Review course descriptions and choose the class that suits your needs. Classes vary in length depending on the class level and age of participants. Classes are 30 or 40 minutes for younger children; older youth generally meet for 45 minutes. Classes meet two consecutive weeks, Mondays - Thursdays. Fridays are make-up days. Classes are held at Miller Park Pool. Register by the Wednesday before class starts.
\$40.00 LR / \$55.00

Parent and Child

The instructor will lead parents as they help their children become comfortable in the water in this fun-filled class. Toddlers with the assistance of their loved one will be introduced to water safety concepts while they learn basic skills such as arm and leg movements and breath control. Healthy water safety habits learned will last a lifetime.

Pre-School 1

No pre-requisite skills needed. This class orients pre-school age children to the aquatic environment and helps them acquire rudimentary levels of basic aquatic skills.

Pre-School 2

Designed for younger children who can submerge their mouth and blow bubbles for three seconds, can glide on their front and back for two body lengths, and can float on both their front and back for three seconds. All skills can be done with support.

Level 2 - Shallow Water

Fundamental Aquatic Skills - class for younger Level 2 students who are more comfortable in shallower water, can fully submerge their face and float on both their front and back with assistance.

Level 2

Fundamental Aquatic Skills - for the child who can fully submerge their face and can float on their front and back with assistance.

Level 2 & Pre-School 3

Fundamental Aquatic Skills in Shallow Water - designed for Pre-School 3 students and younger Level 2 students, who can fully submerge for at least five seconds, glide on their front and back at least two body lengths, and float on both their front and back for at least 10 seconds. Participants must also be able to swim using combined arm and leg action for three body lengths (assistance can be given when taking a breath), then float for 10 seconds, then resume swimming on their backs this time for at least three body lengths.

Level 2 - Intermediate

Fundamental Aquatic Skills - designed for the child that can fully submerge for at least five seconds, glide on their front and back at least two body lengths, float on both their front and back for at least 10 seconds. Participants must also be able to swim using combined arm and leg action for three body lengths (assistance can be given when taking a breath), then float for 10 seconds, then resume swimming on their backs this time for at least three body lengths.



Level 2 - Advanced

Fundamental Aquatic Skills – for the child who can fully submerge for at least 10 seconds, float unsupported on their front and back for at least 10 seconds, glide on their front and back at least two body lengths, and can perform front and back glides without support. Participants must also be able to swim using combined arm and leg action for three body lengths then float for 10 seconds, then resume swimming on their backs this time for at least three body lengths.

Level 3

Stroke Development – designed for the child that can fully submerge for at least 10 seconds, float unsupported on their front and back for at least 15 seconds, can tread water for at least 15 seconds, can swim at least five body lengths on their front and back, and is comfortable with deep water.

Level 3 - Intermediate

Stroke Development – for the child who can fully submerge for at least 10 seconds, float unsupported on their front for at least 15 seconds and on their back for at least 30 seconds, can tread water for at least 30 seconds, can swim front crawl at least 10 yards, can do elementary backstroke at least five yards, and is comfortable with deep water.

Level 3 - Advanced

Stroke Development – for the child who can fully submerge for at least 10 seconds, float unsupported on their front for at least 15 seconds and on their back for at least 45 seconds, can tread water for at least 45 seconds, can swim front crawl at least 15 yards, and can do elementary backstroke at least 10 yards and is comfortable with deep water.

Level 4

Stroke Improvement – this class is designed for the child who can swim both front crawl for 25 yards, elementary backstroke for 15 yards, and can tread water for at least one minute. This level develops the swimmers confidence in the skills learned and improves other aquatic skills.

Level 5

Stroke Refinement – this class is designed for the child that can swim front crawl and elementary backstroke for 25 yards. Can swim sidestroke, back crawl, breaststroke, and butterfly for 15 yards; and can tread water for at least two minutes. This level develops the swimmers confidence in the skills learned and improves other aquatic skills.

Adult – Beginner

Overcome your fear of the water in this class intended for those 16 years and up! Learn the basic skills you need to be able to swim, to be safer around water, and to improve your health and fitness. Class sizes are limited for individual attention. Swimmers of all levels are welcome to join this class.

Swim Lessons	Ages	Class #	Dates M - Th	Times
Parent & Child	18 m - 3 yrs	34018.201	7/6 - 7/16	6:30 - 7:00pm
Pre-School 1	3 - 4 yrs	34010.201	6/15 - 6/25	10:50 - 11:20am
	3 - 4 yrs	34010.202	7/6 - 7/16	10:10 - 10:40am
	5 - 6 yrs	34010.203	7/6 - 7/16	10:10 - 10:40am
Pre-School 2	3 - 5 yrs	34010.204	6/15 - 6/25	10:10 - 10:40am
	3 - 5 yrs	34010.205	6/15 - 6/25	6:30 - 7:00pm
	3 - 4 yrs	34010.206	7/6 - 7/16	10:50 - 11:20am
	5 - 6 yrs	34010.207	7/6 - 7/16	10:50 - 11:20am
	3 - 5 yrs	34010.208	7/27 - 8/6	10:50 - 11:20am
Level 2 Shallow Water	6 - 8 yrs	34012.201	6/15 - 6/25	7:05 - 7:45pm
	5 - 8 yrs	34012.202	7/6 - 7/16	9:20 - 10:00am
	5 - 8 yrs	34012.203	7/6 - 7/16	9:20 - 10:00am
	4 - 6 yrs	34012.204	7/6 - 7/16	7:05 - 7:45pm
Level 2	6 - 15 yrs	34012.205	6/15 - 6/25	9:40 - 10:25am
	8 - 15 yrs	34012.206	7/27 - 8/6	10:35 - 11:20am
Level 2 / Pre-School 3	4 - 7 yrs	34012.207	6/15 - 6/25	9:20 - 10:00am
	4 - 7 yrs	34012.208	7/27 - 8/6	10:00 - 10:40am
Level 2 / Intermediate	6 - 15 yrs	34012.209	6/15 - 6/25	10:35 - 11:20am
	7 - 15 yrs	34012.210	6/15 - 6/25	6:30 - 7:15pm
Level 2 / Advanced	7 - 15 yrs	34012.211	7/6 - 7/16	10:35 - 11:20am
	7 - 15 yrs	34012.212	7/6 - 7/16	6:30 - 7:15pm
Level 3	6 - 15 yrs	34013.201	6/15 - 6/25	10:35 - 11:20am
	7 - 15 yrs	34013.202	7/27 - 8/6	9:40 - 10:25am
Level 3 / Intermediate	7 - 15 yrs	34013.203	7/6 - 7/16	9:40 - 10:25am
Level 4	7 - 15 yrs	34014.201	6/15 - 6/25	9:40 - 10:25am
	8 - 15 yrs	34014.202	7/27 - 8/6	10:35 - 11:20am
Level 5	8 - 15 yrs	34015.201	7/27 - 8/6	9:40 - 10:25am
Adult / Beginner	16 & up	34017.201	6/15 - 6/25	8:45 - 9:30am
	16 & up	34017.202	6/15 - 6/25	7:20 - 8:05pm
	16 & up	34017.203	7/6 - 7/16	6:30 - 7:15pm



CPR / First Aid / AED Certification

Ages 15 +

Participants learn and demonstrate their technical skills and must successfully pass the written test with a minimum score of 80 for certification. Certification is valid for two years. Register by the Friday before class starts.

\$75.00 LR / \$90.00

Miller Center

Th 5/7	1:00pm - 5:00pm	34002.201
Th 7/9	1:00pm - 5:00pm	34002.202

CPR / First Aid / AED Certification Renewal

Ages 15 +

Sign up for this class to renew your CPR certification. Participants must demonstrate their technical skills and successfully pass the written test with a minimum score of 80 in order to be certified. Certification is valid for two years. Participants must possess a valid or recently expired certification card to enter this class. Register by the Friday before class starts.

\$50.00 LR / \$65.00

Miller Park Pool

Sat 5/2	1:00pm - 5:00pm	34002.203
Sat 5/23	1:00pm - 5:00pm	34002.204

Jr. Lifeguard Training

Ages 14 to 16

Want to be a lifeguard but not yet 15? Start working on your skills now! This class will prepare you to complete and pass the American Red Cross lifeguard training certification class. Learn basic rescue skills, first aid, and pool safety. Register by 7/11.

\$100.00 LR / \$115.00

Miller Park Pool

M - F 7/20 - 7/24	10:00am - 11:30am	34000.207
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Lifeguard Training

Ages 15 +

Train here for the best summer job you will ever have! Sign up to be lifeguard certified. Participants must complete a swim test and pass a final written test and skills challenge in order to obtain certification. Certifications are valid for two years. Register by the Friday before class starts.

\$200.00 LR / \$225.00

Miller Park Pool

Th - F 5/15 - 5/17	4:00pm - 8:00pm	34000.201
Sa	12:00pm - 8:00pm	
Tu - Th 5/26 - 5/28	4:00pm - 8:00pm	34000.202

Lifeguard Training: Re Certification

Ages 15 +

Sign up to renew your lifeguard certification! Participants must complete a swim test and pass a final written test and skills challenge in order to obtain certification. Certifications are valid for two years. Register by the Friday before class starts.

\$160.00 LR / \$175.00

Miller Park Pool

Tu 5/19	4:00pm - 8:00pm	34000.203
Th 5/28	4:00pm - 8:00pm	34000.204

Water Safety Instructor

Ages 16 +

This course, updated in 2014, trains instructor candidates to teach swim classes and presentations in the Red Cross Swimming and Water Safety program by developing their understanding of how to use the course materials, how to conduct training sessions, and how to evaluate participants' progress. Successful candidates are eligible to teach Parent and Child Aquatics, Preschool Aquatics, Learn to Swim, and three adult focused courses. Candidates must be 16 or older (must pass pre-course training and swim test. Current lifeguard certification strongly recommended). Register by 5/28.

\$200.00 LR / \$225.00

Miller Park Pool

M - Th 6/1 - 6/4	2:00pm - 7:00pm	34001.201
F - Sa	12:00pm - 5:00pm	





ARTS

crafts

Arts & Crafts in the Park

Ages 6 to 12

Get out of the house this summer with your children and enjoy second Tuesdays in Miller Park! Take a break from the pool or playground to participate in arts and craft activities under the small pavilion led by Parks and Recreation staff. Craft projects/themes will change each session. Come out and enjoy the park amenities, nature and new friends. Register by Monday before session.

\$5.00 per child

Miller Park Small Shelter

Th 6/11	2:00pm - 2:45pm	23002.220
Th 7/16	2:00pm - 2:45pm	23002.221
Th 8/13	2:00pm - 2:45pm	23002.222

dance

Movin' to the Music

Ages 1 to 5

Your toddler will learn to express themselves through music with fun and creative activities that include singing, dancing, and games. Register by 4/5. No class on 5/9.

\$15.00 LR / \$23.00

Miller Center

Instructor: Shantilee Otey

Sa 5/1 - 5/30	10:00am - 11:00am	27004.131
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Beginner Tap Dance Class

Ages 18 +

Join fellow beginner tappers in this class that will teach you basic tap steps, as well as a few tap combinations. Get your heart rate up and feet moving in this fun class. Register by 5/1.

\$23.00 LR / \$35.00

Miller Center

Tu 5/5 - 6/9	2:00pm - 3:00pm	27002.211
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Intermediate Tap Dance Class

Ages 18 +

Tap into better health as you polish up your basic tap steps and add more tap combinations to routines. Get your heart rate up and feet moving in this fun class. Register by 5/1.

\$23.00 LR / \$35.00

Miller Center

Tu 5/5 - 6/9	1:00pm - 2:00pm	27002.210
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painting

All About Art Day

Ages 50 +

Spend the day expressing your creative side as you choose classes to fit your interests or explore a new technique or medium. All skill levels are welcome. Some supplies required, see your receipt notes or call for more details. Those planning on taking two classes should bring a lunch or snack. Register by 6/4.

\$30.00 LR / \$45.00 per class

Sa 6/6

Templeton Senior Center

Beach Scene in Oils

Instructor: Rodney P Laughon

9:00am - 12:00pm 74400.223

Acrylic Painted Floor Cloth

Instructor: Betty J Leary

9:00am - 12:00pm 74405.220

Basic Drawing

Instructor: Virginia Klute

10:00am - 12:00pm 74401.221

Mountain Stream in Oils

Instructor: Rodney P Laughon

12:30pm - 3:30pm 74400.224

Acrylics Bird's Nest

Instructor: Betty J Leary

12:30pm - 3:30pm 74405.221

Watercolor Botanicals

Instructor: Virginia Klute

12:30pm - 3:30pm 74401.222

Watercolor Basics

Ages 50 +

Beginners to intermediate level painters will learn how to work from light to dark, layer and blend colors and add depth to a painting. Get tips on how to avoid and correct mistakes. Students should bring their own watercolor brushes. No class 5/14. Register by the Tuesday before class.

\$50.00 LR / \$65.00

Templeton Senior Center

Instructor: Betty J Leary

Th 5/7 - 6/4	6:30pm - 8:30pm	74401.210
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Th 7/9 - 7/30	6:30pm - 8:30pm	74401.230
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Watercolor Express

Ages 50 +

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes. Register by the Friday before class.

\$15.00 LR / \$23.00

Templeton Senior Center

Instructor: Betty J Leary

Tu 6/16	1:00pm - 4:00pm	74401.220
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Tu 8/18	1:00pm - 4:00pm	74401.240
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Painting on Tile

Ages 50 +

Tile is both versatile and beautiful and a wonderful addition to any outdoor space. In this class we will be painting on multiple tiles to create a coaster set or grouping. Register by 8/7.

\$10.00

Templeton Senior Center

Instructor: Linda Duff

M 8/10	6:30pm - 8:30pm	74400.240
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pottery

Pottery: Parent & Child

Ages 5 to 8

Clay is made to be poked, pinched, twisted and rolled! Giggles and laugh with your children as they develop both fine and gross motor skills while playing with clay. Parent and child will work together to create and paint two projects: pinch pot and spiral bowl. Register by 6/30.

\$25.00 LR / \$40.00 per child

The Art Studio at Jackson Heights

Tu Th 7/7 - 7/16	2:00pm - 2:45pm	26000.230
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Pottery: Preteen

Ages 9 to 12

Your child will learn to create clay pottery using both hand built and wheel thrown techniques. Clay is a unique way for a kid to explore their creative side while creating a proactive and beautiful piece of art. Register by 6/9.

\$25.00 LR / \$40.00

The Art Studio at Jackson Heights

Tu Th 6/16 - 6/25	2:00pm - 2:45pm	26000.222
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Pottery: Teen

Ages 13 to 18

Your teen will learn to make clay pottery using both hand built and wheel thrown techniques. Working with clay will challenge their creativity and will promote self-esteem and self-expression. Register by 8/4.

\$25.00 LR / \$40.00

The Art Studio at Jackson Heights

Tu Th 8/11 - 8/20	2:00pm - 2:45pm	26000.242
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Pottery: Beginning Hand Built & Wheel

Ages 18 +

Learn to make clay pottery using both hand forming and wheel throwing techniques. Students have a free hand in choosing their work and pieces. Register one week prior to start date of class.

\$88.00 LR / \$103.00

The Art Studio at Jackson Heights

Instructor: Gail Speidell

Tu 6/9 - 7/28	9:00am - 12:00pm	26000.220
W 6/10 - 7/29	6:00pm - 9:00pm	26000.221
Tu 8/11 - 9/29	9:00am - 12:00pm	26000.240
W 8/12 - 9/30	6:00pm - 9:00pm	26000.241

stained glass

Stained Glass Panel

Ages 18 +

Light shines through stained glass adding illumination and beauty at once. Learn to cut, grind and solder to create a colorful tulip window hanging. Register by Thursday before class.

\$90.00 LR / \$105.00

The Art Studio at Jackson Heights

Instructor: Carter Martin

Th 5/7 - 6/25	6:30pm - 8:30pm	63600.210
Th 7/9 - 8/27	6:30pm - 8:30pm	63600.230

Stained Glass: Stepping Stone

Ages 18 +

Participants will make one garden stepping-stone using stained glass techniques. All level students (beginning through advanced) will learn the steps in creating these beautiful stones. The different skill levels present in this class makes this experience even more rewarding. Register by June 4.

\$90.00 LR / \$105.00

The Art Studio at Jackson Heights

Instructor: Carter Martin

Tu 6/9 - 7/28	6:30pm - 8:30pm	63600.220
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theatre

Acting for the Stage: Developing Character

Ages 11 +

Through improvisation and character development exercises, Endstation Theatre Company artists will instruct middle and high school students how to develop compelling characters for the stage. Register by 7/10.

\$15.00 LR / \$23.00

Miller Center

M 7/13	5:30pm - 7:30pm	21201.230
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Stage Combat: The Basics of Creating Violence for Stage and Screen

Ages 14 +

How do they create realistic fights for stage and screen without getting hurt? In this workshop, Endstation Theatre Company artists will teach the skills to safely create the illusion of violence.

\$15.00 LR / \$23.00

Miller Center

Tu 7/14	5:30pm - 7:30pm	21201.231
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ATHLETICS

2015 summer tennis programs

Tennis is the "Sport of a Lifetime!"

Head Tennis Pro, Michael Jacob and staff will instruct a series of tennis classes, camps, and clinics for a variety of ages and ability levels. Choose the class that best fits your needs.

Session 1: June 8 – July 10

Session 2: July 13 – August 14

Little Hitters

Ages 4 to 6

Instructors will focus on motor skills and hand-eye-coordination, while teaching your child the basics of tennis including forehands, backhands, volleys, overheads and serves. Classes are taught on a 36' court making it more fun while learning the game. Register by the Friday before lessons begin.

\$40.00 LR / \$55.00

Peaks View Park Tennis Courts

M W Session 1	5:00pm - 5:45pm	31051.201
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M W Session 2	5:00pm - 5:45pm	31051.202
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Aces

Ages 6 to 8

Instructors will focus on motor skills and hand-eye-coordination, while teaching your child the basics of tennis including forehands, backhands, volleys, overheads and serves. Classes are taught on a 36' court making it more fun while learning the game. Register by the Friday before lessons begin.

\$45.00 LR / \$60.00

Peaks View Park Tennis Courts

M W Session 1	6:00pm - 7:00pm	31052.201
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M W Session 2	6:00pm - 7:00pm	31052.202
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Futures

Ages 8 to 10

Instructors will focus on motor skills and hand-eye-coordination, while teaching your child the basics of tennis including forehands, backhands, volleys, overheads and serves. Players will also learn how to rally and score for match play. Classes are taught on a 60' court making it more fun while learning the game. Register by the Friday before lessons begin.

\$45.00 LR / \$60.00

Peaks View Park Tennis Courts

Tu Th Session 1	5:00pm-6:00pm	31053.201
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Tu Th Session 2	5:00pm-6:00pm	31053.202
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Challenger

Ages 10 to 13

Instructors will teach your child the basics of tennis, along with focusing on continued development of their forehands, backhands, volleys, overheads, and serves. Players will also focus on rallying, point play, and match play. Register by the Friday before lessons begin.

\$45.00 LR / \$60.00

Peaks View Park Tennis Courts

Tu Th Session 1	6:00pm - 7:00pm	31054.201
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Tu Th Session 2	6:00pm - 7:00pm	31054.202
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High School Prep/Comp

Ages 14 to 18

Instructors will help teens prepare for high school tennis, match play, and USTA tournaments. Register by the Friday before lessons begin.

\$55.00 LR / \$70.00

Peaks View Park Tennis Courts

M W Session 1	7:00pm - 8:30pm	31055.201
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M W Session 2	7:00pm - 8:30pm	31055.202
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TEAM SIDELINE

SCHEDULES • SCORES • STANDINGS

Teamsideline.com/Lynchburg

Future Stars Tennis Camp

Ages 4 to 16

This four-day camp will emphasize stroke and skill development, court positioning, and strategies for match play. As the players improve, skills will become increasingly more difficult. Register by Friday before each camp.

\$80.00 LR / \$95.00

Peaks View Park Tennis Courts

Monday - Thursday, 9:00am - 12:00pm

July 6-9	31050.201	July 27-30	31050.204
July 13-16	31050.202	August 3-6	31050.205
July 20-23	31050.203		

Tennis Match Play

Ages 8 to 18 + Adults - all levels welcome

On-court tennis instruction, coaching, and match analysis provided while playing multiple matches each Saturday against different opponents. Registration required each week, no later than the Thursday prior to that week's match.

Session Fee: \$5.00 LR / \$8.00

EC Glass High School Tennis Courts

Saturday, 10:00 - 12:00pm

June 13	31057.201	July 25	31057.205
June 20	31057.202	August 1	31057.206
July 11	31057.203	August 8	31057.207
July 18	31057.204	August 15	31057.208

Adult Evening Tennis Lessons

Ages 16 +

Instructors will teach the basics of tennis, focusing on the development of forehands, backhands, volleys, overheads, serves, rallying, point play, and match play. Learn the game of tennis to prepare you for USTA Adult Leagues of all levels. Register by the Friday before lessons begin.

\$45.00 LR / \$60.00

Peaks View Park Tennis Courts

Tu	7:00pm - 8:00pm	31056.201
Th	7:00pm - 8:00pm	31506.202



CHALLENGED SPORTS EXCHANGE

A variety of recreational and sports activities are available for individuals with developmental disabilities and/or physical challenges in the Central Virginia region through the Challenged Sports Exchange (CSE). Monthly movies are shown at the Daniel's Hill Center located at 317 Norwood Street.

CSE partners include: Lynchburg Parks and Recreation Department, ARC of Central Virginia, Grace Church, and VSA Arts of Virginia.

For calendars, newsletters or additional information contact:
CSE 434-455-1178 • cseleague@gmail.com • ChallengedSportsExchange.com

YOUTH ATHLETIC ORGANIZATIONS

Blue Ridge Lacrosse Club
www.BlueRidgeLAX.org

Central Virginia United - Soccer
www.CentralVirginiaUnited.com

Central Virginia Volleyball Association
www.CVVB.org

Hill City Youth Football and Cheerleading
www.HCYFC.com

Lynchburg Little League Baseball
www.LynchburgLittleLeague.com

Lynchburg Tennis Patrons Association
www.LynchburgTennis.org

Challenged Sports Exchange
www.ChallengedSportsExchange.com

Girls on the Run
www.GirlsOnTheRunCenVA.org



Are we playing today?
Cancellation line:
(434) 455-5892



adult athletics

Adult Kickball

Ages 18 +
 Kick it old school—play kickball at Peaks View Park! Teams include ten players and will play double headers one night per week. Sign up with a team or register as a free agent and we will help you find a team. All meetings and registrations are held at the Miller Center. In-person registration only. Games are played at Peaks View Park.
 Team Fee: \$100.00 (+\$15.00/person for each non-resident)

Important Dates:		
Informational Meeting	8/3	6:00pm
Registration	8/17-20	5:00pm - 7:00pm
Coaches Meeting	8/24	6:00 pm
Season Play	9/7-10/8	

Ultimate Frisbee Clinic

Ages 18 +
 Learn the basic skills and rules for this easy and fun sport. Focus will be on throwing forehand and backhand, as well as catching techniques and learning the theory of the game. Register by 6/3.
 \$10.00
Fairview Center

Sa 6/6	10:00am - 12:00pm	73709.221
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Ultimate Frisbee Hat Tournament

Ages 15 +
 It's all for fun! Put what you learned to practice in this open tournament. All skill levels are welcome, everyone plays and teams are chosen by a random drawing according to how individuals rate their skill level. There will be multiple games throughout the day, and prizes will be awarded to the first place team.
 \$5.00

Peaks View Park		
Sa 7/11	10:00am - 3:00pm	73709.231

fifty-plus athletics

Fifty Plus Pickleball

Ages 50 +
 Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. Register and pay monthly by the first day of play.
 \$10.00

Pleasant View Baptist Church Gym, 19278 Forest Rd		
Th 5/7 - 5/28	2:00pm - 5:00pm	73703.210
Th 6/4 - 6/25	2:00pm - 5:00pm	73703.220
Th 7/2 - 7/30	2:00pm - 5:00pm	73703.230
Th 8/6 - 8/27	2:00pm - 5:00pm	73703.240

Fifty Plus Pickleball Clinic

Ages 50 +
 Learn the basic techniques, skills and rules of this fun sport on the outdoor courts.
 \$10.00

Fairview Center		
M 5/11	10:00am - 11:30am	73703.211

Fifty Plus Softball

Ages 50 +
 All skill levels are invited to participate in this great team sport. Coed games focused on fun, fitness and friendly competition. Register and pay monthly by the first day of play.
 \$10.00

Peaks View Park Field 1		
W F 5/1 - 5/29	10:00am - 12:00pm	73702.210
W F 6/3 - 6/26	9:00am - 11:00am	73702.220
W F 7/1 - 7/31	9:00am - 11:00am	73702.230
W F 8/5 - 8/28	9:00am - 11:00am	73702.240

FOOD TRUCK THURSDAYS

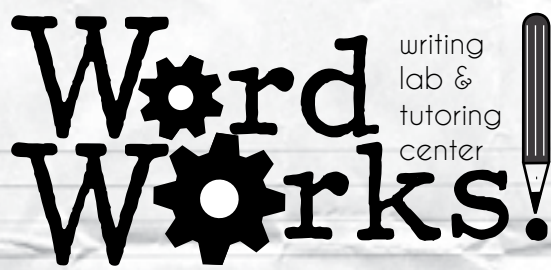
at **MILLER PARK**



**BEGINNING
APRIL 9
11AM-3PM**

Lynchburg Parks and Recreation is excited to host a new weekly food truck event! Join us every Thursday for some fantastic food and fresh air.

 /LynchburgParks
 @LynchburgParks



write something awesome.

**Now hosting workshops
at the newly renovated
Miller Center!**

Providing creative writing workshops
and teacher support services
all free of charge!

To find a workshop visit:
www.wordworkslynchburg.org
and facebook.com/wordworkslynchburg



A NEW PLAY INSPIRED BY
LYNCHBURG'S TEXAS INN

By: Kirin McCrory

Miller Center

July: 2, 3, 9, 10, 11 | 7:30 PM

July: 5, 12 | 2 PM

*For mature audiences.

Endstation
theatre company

www.endstationtheatre.org

Looking for a location for your next event?



Lynchburg Parks and Recreation Department rents out many of its facilities for all kinds of occasions and functions- birthday parties, family reunions, weddings, business meetings, community meetings, picnics, and more. Visit www.lynchburgva.gov/ParksAndRec for more info.



ENRICHMENT

armchair travel

Experiencing India

Ages 50 +

India is the seventh largest country by area and the second most populous country with over 1.2 billion people. Learn more about the country and culture as Gulshan Ari shares her story about growing up in this multilingual, multi ethnic society. Registration appreciated.

FREE

Templeton Senior Center
Instructor: Gulshan Ari

Th 5/21	10:30 am - 11:30am	73003.210
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English Gardens

Ages 50 +

Join world traveler, Susan Timmons, on her extraordinary journey through the gardens, castles and manors of England. View colorful landscapes and hear her in depth commentaries on her adventures. Registration appreciated.

FREE

Templeton Senior Center
Instructor: Susan Timmons

Tu 6/23	10:30am - 11:30 am	73003.224
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culinary

Cooking Series: Cooking for One

Ages 50+

Cooking for one can be a chore. Learn great tips and short cuts to meal preparation, shopping and more. Register by 5/12.

\$5.00

Templeton Senior Center
Instructor: Susan Prillaman

Th 5/14	10:30am - 11:30am	74005.210
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Cooking Series: Freezer Meals

Ages 50+

What makes a good freezer meal? Discover what foods freeze well, how to prepare them for optimum taste and suggestions for serving. Enjoy sampling a few tasty morsels. Register by 6/11.

\$5.00

Templeton Senior Center

Instructor: Susan Prillaman

M 6/15	6:30pm - 7:30pm	74005.220
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Cooking Series: Summer Produce

Ages 50+

Need new ideas on what to do with summer produce? Learn new recipes and cooking methods to get the most out of your vegetables. Register by 7/17.

\$5.00

Templeton Senior Center

Instructor: Susan Prillaman

Tu 7/21	6:30pm - 7:30pm	74005.230
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enrichment

Lunch and Learn Series

Ages 30 +

Enjoy a delicious lunch while receiving information on different topics that may interest a loved one, friend or yourself. Fairview will partner with Centra Health, Lynchburg Museum, and Master Gardeners. The menu and topic will change each month. Pick up a Fairview Center calendar for full schedule. Register one week prior to each session. \$5.00

Fairview Center

Rain Barrel Presentation

Presenter: Rob Campbell

W 5/20	11:00am - 12:00pm	63400.210
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Lynchburg Churches

Presenter: Whitney Roberts

W 6/10	11:00am - 12:00pm	63400.220
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Thomas Jefferson

Presenter: Joe Pond

W 7/15	11:00am - 12:00pm	63400.230
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Lynchburg Art

Presenter: Whitney Roberts

W 8/19	11:00am - 12:00pm	63400.240
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Meet the Author Dawn Wise

Ages 50+

Local playwright, Dawn Wise will discuss her award winning screenplay, "The Poem", which tells the tragic love story of Bransford Vawter who was a local poet back in the early 1800's. You'll enjoy learning of this piece of local lore as well as what it takes to turn a story into a screenplay. Registration appreciated.

FREE

Templeton Senior Center

Th 6/18	10:30am - 11:30am	73003.221
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games

Bridge: Beginners

Ages 50+

Discover the fun of bridge as you learn the basics of the card game. Beginners are invited to try their hand at this six week class. Register by 5/5.

\$34.00 LR / \$49.00

Templeton Senior Center

Instructor: Phyllis Moldenke

W 5/6 - 6/10	1:30pm - 3:30pm	74002.211
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Bridge: Intermediate

Ages 50+

Continue learning the game of bridge as you build on your skills and improve your game. Some previous playing experience is necessary. No class on 5/25. Register by 4/30.

\$34.00 LR / \$49.00

Templeton Senior Center

Instructor: Phyllis Moldenke

M 5/4 - 6/15	9:30am - 11:30am	74002.210
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preschool

Preschool Playgroup

Ages 0 to 5

The preschool playgroup is structured to provide a positive educational experience for child/caregiver and to establish a peer support network for parents in the comfort of the neighborhood.

FREE

Daniel's Hill Center

W 6/17 - 8/12	10:00am - 11:30am	67000.201
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Pack and Play at Miller Park

Ages 1 to 5

Bring your little ones to Miller Park this summer and enjoy fun, interactive activities focused on socialization and active play led by Parks and Recreation staff. Bring a blanket and snack/ lunch to enjoy with new friends. Parent must be present, ready, and willing to participate. Meet at the Miller Center Grove Street entrance. Register by noon the Friday before.

\$5.00 per family.

Miller Center

Sa 6/20	10:00am - 11:00am	51200.200
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Sa 7/18	10:00am - 11:00am	51200.300
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Sa 8/15	10:00am - 11:00am	51200.400
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HEALTH & FITNESS

fitness

Yoga in the Park with "Yoga Goodness"

Ages 16+

Start the morning with Yoga Goodness Studio's owner Cyndi Lee, founder of the world-renowned OM yoga center in NYC. Each week's class will be taught by Cyndi or another yoga teacher from Lynchburg's new Yoga Goodness Studio. Breathe in the fresh air and enjoy the beauty of yoga outdoors at Riverside Park. Bring your yoga mat.

FREE

Riverside Park

Sa 5/2 - 6/27	9:30am - 10:30am	51200.201
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Fairview Fitness

Ages 50+

Staying fit as you grow older is the best way to enjoy a full and active lifestyle. Enjoy low impact, self paced classes with a fast, upbeat routine that helps trim and tone. Register monthly by the first class.

\$24.00 LR / \$36.00

Fairview Center

Instructor: Jan Baker

MWF 5/1 - 5/29	11:30am - 12:20pm	63300.210
MWF 6/1 - 6/29	11:30am - 12:20pm	63300.220
MWF 7/1 - 7/31	No class 7/3 11:30am - 12:20pm	63300.230
MWF 8/3 - 8/31	11:30am - 12:20pm	63300.240

Cardio Fit & Tone Exercise Class

Ages 50+

This twice weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Mary Harris

Tu Th 5/5 - 5/28	5:30pm - 6:30pm	74209.210
Tu Th 6/2 - 6/30	5:30pm - 6:30pm	74209.220
Tu Th 7/2 - 7/30	5:30pm - 6:30pm	74209.230
Tu Th 8/4 - 8/27	5:30pm - 6:30pm	74209.240

Yoga

Ages 50+

This self-paced class combines stretching, breathing, and holding postures. Register monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Deborah W Ladd

Tu 5/5 - 5/26	8:15am - 9:05am	74203.210
Tu 6/2 - 6/30	8:15am - 9:05am	74203.220
Tu 7/7 - 7/28	8:15am - 9:05am	74203.230
Tu 8/4 - 8/25	8:15am - 9:05am	74203.240

Zumba at Noon

Ages 50+

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of fun every time you go to class. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Gulshan Ari

Tu Th 5/5 - 5/28	12:00pm - 12:45pm	74205.210
Tu Th 6/2 - 6/30	12:00pm - 12:45pm	74205.220
Tu Th 7/2 - 7/30	12:00pm - 12:45pm	74205.230
Tu Th 8/4 - 8/27	12:00pm - 12:45pm	74205.240

Zumba PM

Ages 50+

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of fun every time you go to class. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Kirstin Eubank

MW 5/4 - 5/27	5:00pm - 5:45pm	74208.210
MW 6/1 - 6/29	5:00pm - 5:45pm	74208.220
MW 7/1 - 7/29	5:00pm - 5:45pm	74208.230
MW 8/3 - 8/31	5:00pm - 5:45pm	74208.240

Wellness

Wellness Series: Nutrition as You Age

Ages 50+

Healthy aging and good nutrition go hand in hand. Learn more about what foods and nutrients your body needs to keep you healthy. Registration appreciated.

FREE

Templeton Senior Center

Instructor: Jeanell Smith

Tu 5/12	10:30am - 11:30am	74009.211
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Wellness Series: Beware of Scams

Ages 50+

Anyone can be a target of a scam. Learn how to avoid being a victim as Deborah Bell, a representative from the Attorney General's office, talks about some of the tactics used by criminals to scam the public. Registration appreciated.

FREE

Templeton Senior Center

Tu 6/9	10:30am - 11:30am	74009.221
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Wellness Series: Fall Prevention

Ages 50+

Health issues and environmental obstacles contribute to a high number of falls annually. Nancy Downey from Generation Solutions shares ways to help you protect yourself from falls. Being proactive can save you from bumps, bruises and serious injury. Registration appreciated.

FREE

Templeton Senior Center

Tu 6/16	10:30am - 11:30am	74009.222
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Wellness Series: Skin Care and Sun Protection

Ages 50+

Retired dermatologist, Dr. Stuart Brust, shares timely information on how to take care of your skin and how to protect it from future sun damage. Registration appreciated.

FREE

Templeton Senior Center

Tu 7/14	10:30am - 11:30am	74009.233
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Wellness Series: Retirement, What Now?

Ages 50+

Denise Scruggs shares an informative look at what to expect after retirement. Both funny and factual, Denise explores the benefits and pitfalls of life after the working world. Registration appreciated.

FREE

Templeton Senior Center

Tu 8/11	10:30am - 11:30am	74009.244
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EXPLORE IVY CREEK PARK



118 Clemmons Lake Place

Enjoy the serenity of Ivy Creek Park's Clemmons Lake. Whether you venture out on the water in a canoe or kayak, fish from the pier, or enjoy a picnic lunch on the shore, you're sure to enjoy the day!

Visit the Cabin at Ivy Creek Park, featuring a mini-nature center, highlighting our native wetland and aquatic habitats. Check out an "Explore Backpack" during your visit to the park. Perfect for kids who love to investigate, each pack contains a magnifying glass, net, bug containers, and animal ID cards.

NEW!!! Trout Fishing at Clemmons Lake

The lake at Ivy Creek Park is now stocked with trout through the Virginia DGIF Urban Fishing Program. For additional information: www.dgif.virginia.gov/fishing/

Canoe & Kayak Rentals

Ivy Creek Park
118 Clemmons Lake Place

May - September

Saturdays, 10:00am - 5:00pm

Sundays, 1:00pm - 5:00pm

Canoes \$8/hour Kayaks \$6/hour

Call to schedule group canoe rentals, birthday parties, canoe instruction, and adventure programs.

For more information call: (434) 455-5828





NATURE & OUTDOORS

nature programs

Backyard Bugs

Ages 5+

What's that creepy, crawly bug in your backyard? Find out all about bugs as you explore the trails at Ivy Creek Park. Children must be accompanied by an adult (no additional fee for adult). Register by 6/4.

\$5.00

Ivy Creek Park Cabin

Sa 6/6	1:00pm - 2:00pm	52100.200
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Creek Critters

Ages 5+

What critters can you find in the creek? We'll get wet with a hands on exploration of Ivy Creek. Children must be accompanied by an adult (no additional fee for adult). Register by 7/16.

\$5.00

Ivy Creek Park Cabin

Sa 7/18	10:30am - 12:00pm	52100.201
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Night Hike

Ages 5+

Find out about the critters that come out at night and listen to the night sounds as we hike the paved trail at Peaks View Park. Bring a flashlight. Fee is per person. Register by 8/6.

\$5.00

Peaks View Park

Sa 8/8	7:00pm - 8:30pm	52100.203
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Fishing Fun for Kids

Ages 6 to 15

Learn to fish with Master Naturalist Bill Plyler. Learn basic knot tying, casting, and practice catch and release fishing off the pier. Gear and bait supplied. Children must be accompanied by an adult. Register by 6/4.

\$5.00

Ivy Creek Park

Sa 6/6	11:30am - 12:30pm	51200.203
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Fishing Fun for Adults

Ages 16 +

Learn to fish with Master Naturalist Bill Plyler. Learn basic knot tying, casting, and practice catch and release fishing off the pier. Gear and bait supplied. During Virginia "Free Fishing" weekend, no license is required. Register by 6/4.

\$5.00

Ivy Creek Park

Sa 6/6	10:00am - 11:00am	51200.202
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outdoor recreation

Geocaching 101

Ages 12 +

Search for hidden geocache 'treasures' using your smartphone. We'll find several real caches hidden in the park! Participants must have a smartphone or tablet with the free geocaching.com app (or share with a friend). Parent must register with child. Register by 6/25.

\$5.00

Peaks View Park

Sa 6/27	11:00am - 12:00pm	51200.213
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LR = LYNCHBURG RESIDENT DISCOUNT

Learn to Canoe: Parent-Child Class

Ages 8 +

Learn the basics of flat water canoeing and practice your new skills on the lake at Ivy Creek Park. Canoes, paddles, and PFDs provided. Parent and child must both register for the class. Fee is per person. Register by 7/9.

\$15.00

Ivy Creek Park

Sa 7/11	10:00am - 12:00pm	51200.211
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Learn to Canoe: Adult Class

Ages 16 +

Learn the basics of flat water canoeing and practice your new skills on the lake at Ivy Creek Park. Canoes, paddles, and PFDs provided. Register by 7/9.

\$20.00

Ivy Creek Park

Sa 7/11	8:00am - 10:00am	51200.210
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Learn to Kayak: Adult Class

Ages 16 +

Learn the basics of flat water kayaking and practice your new skills on the lake at Ivy Creek Park. Kayaks, paddles, and PFDs provided. Register by 8/13.

\$20.00

Ivy Creek Park

Sa 8/15	8:00am - 10:00am	51200.212
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Archery 101: Adult Class

Ages 18 +

Develop a new skill. Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered. Register by 6/15.

\$22.00 LR / \$33.00

Fairview Center

W 6/17	6:00pm - 8:00pm	51200.208
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Archery Instructor Certification Course

Ages 18 +

Successful completion of this course will result in a Level 1 certification through USA Archery. This is the official training course for USA Archery and the National Field Archery Association. Participants will gain the tools necessary to instruct short term recreational archery programs. This course includes range set up, steps of shooting, equipment knowledge, how to repair equipment and much more. Register by 6/11.

\$75.00

Fairview Center

Sa 6/13	9:00am - 6:00pm	51200.209
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Dayhike: Sharp Top

Ages 18 +

Have you wanted to get into hiking, but not sure about venturing out on new trails? Join us for a moderate 3.5 mile hike at the Peaks of Otter. So what are you waiting for? Grab those boots, pack your lunch, and let's hit the trail! Transportation included. Register by 4/30.

\$10.00

Sa 5/2	9:00am - 4:00pm	51200.204
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Dayhike: Apple Orchard Falls

Ages 18 +

Enjoy one of the most spectacular waterfalls in Virginia as you hike along the streams and cascades on this moderately difficult 6 mile hike in the Jefferson National Forest. Pack your lunch. Transportation included. Register by 5/14.

\$10.00

Sa 5/16	9:00am - 4:00pm	51200.205
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Dayhike: Cold Mountain

Ages 18 +

Spectacular 360 degree views await you on this moderately difficult 6 mile hike in the George Washington National Forest. Pack your lunch. Transportation included. Register by 5/28.

\$10.00

Sa 5/30	9:00am - 4:00pm	51200.206
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Fitness Walking in Nature – Blackwater Creek

Ages 18 +

Join us for a new twist on fitness walking! Explore the Blackwater Creek Natural Area trails with this moderately paced exercise group, combining the proven health benefits of cardiovascular exercise and immersion in natural surroundings. A great way to wind down after the work day! Register one day before the walk.

FREE

Blackwater Creek Natural Area, Hollins Mill Entrance

Tu 5/5	6:00pm - 7:00pm	51200.215
Tu 5/12	6:00pm - 7:00pm	51200.216
Tu 5/19	6:00pm - 7:00pm	51200.217
Tu 5/26	6:00pm - 7:00pm	51200.218

Canoe Down the River

Ages 18 +

Enjoy the lazy days of summer canoeing down the James River. Guided 2 mile trip will be led by a James River State Park Ranger. No prior experience needed. All equipment provided. Pack your snacks, lunch, and water. Includes van transportation from Lynchburg to James River State Park. Register by 7/24.

\$18.00

Sa 8/1	9:00am - 2:00pm	51200.214
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THE NATURE ZONE

Located in the Miller Center at 301 Grove Street

Where exploring the wonders of nature is a natural connection!

Visit the Nature Zone at our new location on the lower level of the Miller Center, across from Miller Park. Visit the animals during afternoon feedings, see how they're enjoying their sparkling new home, and learn a thing or two about viewing nature right in your backyard!

The Nature Zone offers something for everyone in the family. Meet some of the "wild" animals including turtles, snakes, and rabbits ... talk with a naturalist about the animals and their homes ... check out the Discovery Drawers and find antlers, rocks, insects, and other natural treasures!

Admission: FREE!

Hours: Friday & Saturday - Noon - 4:00pm

Bring your summer camp or pre-school group to visit the Nature Zone. Or a naturalist can bring the Nature Zone to you! Call for rates and scheduling.

For more information call: (434) 455-5828

Email: nature.zone@lynchburgva.gov

Visit: www.lynchburgva.gov/parksandrec
"Like" the Nature Zone on Facebook



Looking for a "wild" adventure for your child's birthday? Why not try an Animal Safari or Dinosaur Safari at the Nature Zone ... or schedule an outdoor adventure at Ivy Creek Park with a Nature Scavenger Hunt, Orienteering, Letterboxing, or Canoeing! Call (434) 455-5828 for details.

VOLUNTEER

Become a volunteer and make a difference in our community! Last year over 500 people donated over 16,000 hours with Parks and Recreation to make Lynchburg a better place to live, work, and play. Contribute your time and talents while learning a new skill, advancing your career, staying active, and meeting new people. Volunteer as an individual or be part of a team effort on a one-day project or commit to an ongoing assignment.

Volunteer Opportunities

- Events
- Nature Zone
- Photographer
- And more...
- Center Assistant
- Speaker or Instructor
- Athletic Coaches and Assistant Coaches

If you have a volunteer idea that is not listed, let's talk about it.



Adopt-A-Trail Program

Lynchburg has nearly 25 miles of hiking and biking trails to enjoy. Your help once or twice a year keeping these trails free of debris is needed. Groups, families, and individuals are able to adopt sections of the trail system. The Parks and Recreation Department provides equipment, supplies, and a short orientation to the program. We all gain from your help to sustain our treasured resources.

CALL 455-5886 for more information.

THE AVIARY

Available for private events.

Call 455-5858 or visit our website for details.





COMMUNITY EVENTS

Lynchburg Music Festival

May 9, 2015

11:00am

Lynchburg City Stadium Event Area • 3176 Fort Avenue

The Lynchburg Music Festival will feature six bands in one place on one day plus local business crafters and food vendors

www.captureitevents.com

Friday Cheers

May 29th, June 5th, June 12th, June 19th, June 26th

5:30pm

Lynchburg Community Market Square • 1219 Main Street

Meet your friends to relax and unwind for Friday Cheers. Great live music, terrific food and beverages! Must be 21 or older unless accompanied by a parent. Bring your ID

www.fridaycheers.org

James River Wine & Music Festival

May 30, 2015

11:00am

Lynchburg City Stadium Event Area • 3176 Fort Avenue

An exciting spring event with eleven award winning Virginia wineries as well as regional musicians providing continuous entertainment throughout the day. Food, art, and craft vendors will also be on hand. Rain or shine event.

www.vawinelover.com

STREET BANNERS

What better way to display your message than by reserving a banner location and placing it across a street where people are sure to see it? Promote your upcoming Lynchburg event on a banner for up to 14 days at one of the following three locations:

- MLK Bridge on 5th Street
- Main Street in front of the Community Market
- 6th and Main Street



For more info, contact: Sharon Brown • Special Events Coordinator • (434) 455-5871

Interested in holding your next big event downtown, in a park, or at another city location? Contact Sharon Brown at (434) 455-5871 for more info.

Planning a smaller gathering? Rent a picnic shelter at one of our many parks. Call (434) 455-5858 for more info.

MILLER CENTER



Located in the heart of the mid-town neighborhood, Miller Center opened to the public again in January after a two-year renovation process. Now one of the greenest, most energy efficient buildings in the City of Lynchburg, Miller Center is also home to an after-school and summer camp program, a new 186-seat theatre, beautifully renovated classrooms, a commercial kitchen, and the Nature Zone Environmental Education Center. The historic building also houses the main administrative offices of Parks and Rec and is completely accessible with a new elevator, improved walkways and parking, as well as a new pedestrian crossing into historic Miller Park near the Aviary.

Many recreation programs are offered at Miller Center, including arts, dance, theatre, naturalist, and enrichment.

The best ways to find out what's happening at each center is to visit our website at www.lyncburgva.gov/parksandrec, and sign up for our email newsletter or check out our online center calendar for ongoing community recreation classes, as well as special neighborhood and community events at Miller Center.



FAIRVIEW CENTER



Fairview Center is well-known for its vibrant programming. Serving all ages of the Central Virginia community, this center provides ongoing programs and many special classes offered each season, listed throughout this guide. Kids and teens enjoy Schools Out days, Summer Camps, Archery classes, Fairview eXtras, or the After-School Program where tutoring assistance is available. Adults and citizens age fifty-plus enjoy day and evening classes. Bring a friend and get involved in line-dance or fitness classes, luncheons, guest speakers, ceramics, or pottery.

To find out more about the many events and activities offered at Fairview, stop by the center and pick up a Fairview Calendar, or call for more information. Special interest groups which meet regularly are listed below. Stop by to pick up a Fairview center calendar, or view online at www.lyncbbrgva.com/parksandrec.

FAIRVIEW CENTER AMENITIES:

- Computer Lab
- Ceramics
- Billiard Tables
- Archery Range
- Basketball Court
- Playground
- Tennis/Pickleball Courts
- Horseshoe Pit
- Picnic Tables With Grill
- Multipurpose Field

SPECIAL INTEREST GROUPS

Ceramics Club

Wednesdays & Fridays • 9:30am - 12:00pm

Join ceramic enthusiasts twice a week for open studio time. Monthly \$5.00 dues are payable on site.

Game Enthusiasts – What's Your Game?

Wednesdays & Fridays • 9:30am - 12:00pm

Whether it's Kings in the Corner, Skip-Bo, Dominoes, or some other game, join old and new friends for a time of laughter and fun!

FIFTY-Plus Billiards

Mondays, Wednesdays & Fridays • 9:30am - 1:00pm

Two tables are available for recreational billiards.

FIFTY-Plus Tennis and/or Pickleball

Monday, Wednesdays & Fridays • 9:30am - 1:00pm

Enjoy friendly unstructured competition. Courts are dual-lined for tennis and pickleball. First come first served. Pickleball is the racquet sport which combines elements of badminton, tennis, and table tennis.

Gem & Mineral Club

3rd Wednesday • 7:00pm - 9:00pm

This club promotes and extends the knowledge of minerals, geology, fossils, lapidary arts, and associated fields.

Contact: John Haskins, (434) 525-8430

Hill City Writer's Group

Mondays, 9:00am - 11:00am • Tuesdays, 6:00pm - 8:00pm

Writers of various genre explore the craft of writing and share information about publishing. Come to one or both of the days.

Social Bridge

Mondays • 9:30am - 11:30am

Like to play bridge? Meet other enthusiasts weekly in a laid back atmosphere.

TEMPLETON SENIOR CENTER

Stay active and informed as you meet new friends and enjoy a variety of activities at the Templeton Senior Center! Conveniently located and easily accessible, this center is the ideal place for art classes, bridge lessons, exercise classes, wellness programs, current event groups, computer access, and much more. Ongoing special interest groups meet regularly and welcome new participants. Check out the monthly newsletter for complete and up-to-date listings.

The Fifty Plus newsletter is available for pick-up at the Templeton Senior Center, Lynchburg Community Market, Lynchburg Public Libraries, and the Lynchburg Visitor's Center to name a few.

Call for other locations or view it online at:
www.lynchburgva.gov/parksandrec.

"Get Into The Act." Older Americans Month Celebration

Ages 50 +

"Get into the Act," honors the upcoming 50th anniversary of the Older Americans Act (OAA). This year's theme is focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others." Visit the newly renovated Miller Center as you enjoy a day of facts, food and fun. Learn more about what Parks and Recreation has to offer, hear about the new levels of service available through the Central Virginia Alliance for Community Living, be entertained by local talent, try your hand at outdoor games and enjoy a free cook out, served in the pavilion at Miller Park. Event kicks off with the "Central Virginia Alliance for Community Living" Meeting. This agency was formally known as the Central Virginia Area Agency on Aging. Come to the meeting, stay for lunch and games. Please call to register for lunch by 5/5. Miller Center, 301 Grove Street and Miller Park.



SUMMER CONCERT SERIES

Experience a variety of musical entertainment:
 Saturdays at 7:00pm-8:30pm
 All Ages

**'Tribute to Frank Sinatra' with
 Greg Kirby**
 May 16

Smokey Wilson - Gospel Music
 June 13

**Lynch Mountain Ramblers -
 Bluegrass music.**
 July 11

**WD and Company - Big Band
 sound to 60's Rock and Roll.**
 August 8

SPECIAL INTEREST GROUPS

Canasta

Fridays 9:30am - 12:30pm
 Learn a new game or play an old favorite. All skill levels and newcomers welcomed.

Current Issues and Events

2nd & 4th Wednesdays 10:30am - 11:30am
 Keep up with the times as this inquisitive discussion group examines the world's headlines.

Literature for Life

2nd Thursday 10:30am - 12:00pm
 Enjoy reading and discussing great works of literature and poetry.

Lynchburg Duplicate Bridge Club

Mondays 12:30pm, Wednesdays 7:00pm, Fridays 10:00am
 Competitive club play in a friendly atmosphere. Experienced players of all ages invited. Contact: Club President, Terry Garner, 941-0049

Mahjong

Thursdays 9:30am - 12:30pm
 Enjoy this popular Chinese tile game of skill, strategy and luck. Beginners are encouraged to try this great game.

Pinochle

Tuesdays 9:30am - 12:30pm
 Put your brain to work in this trick-taking game of skill and memory.

Social/ Party Bridge

Tuesdays & Thursdays 9:30am - 12:30pm
 Bring your foursome and enjoy a morning of friendly fun. The tables are ready, just come and play!

Video Chair Exercise Class

Mondays, Tuesdays, Thursdays & Fridays 9:30am - 10:15am
 Commit to stay fit while working at your own pace in these FREE 45 minute sessions. Come be a part of this exercise family.

Offsite Groups:

FIFTY Plus Bowling

Tuesdays 1:00pm - 3:00pm
 Enjoy weekly recreational bowling without the cost and stress of league attendance and play. All skill levels welcomed. \$1.25/game plus tax. Pay on site. Fort Hill Bowling Center, 6105 Fort Avenue.

Golden Gourmet

4th Friday monthly 11:30am - 1:00pm
 Join this group of fun loving diners as they visit a different restaurant monthly. Check the newsletter for locations. Call 455-4115 to register by the Wednesday before.

New Chapter Book Group

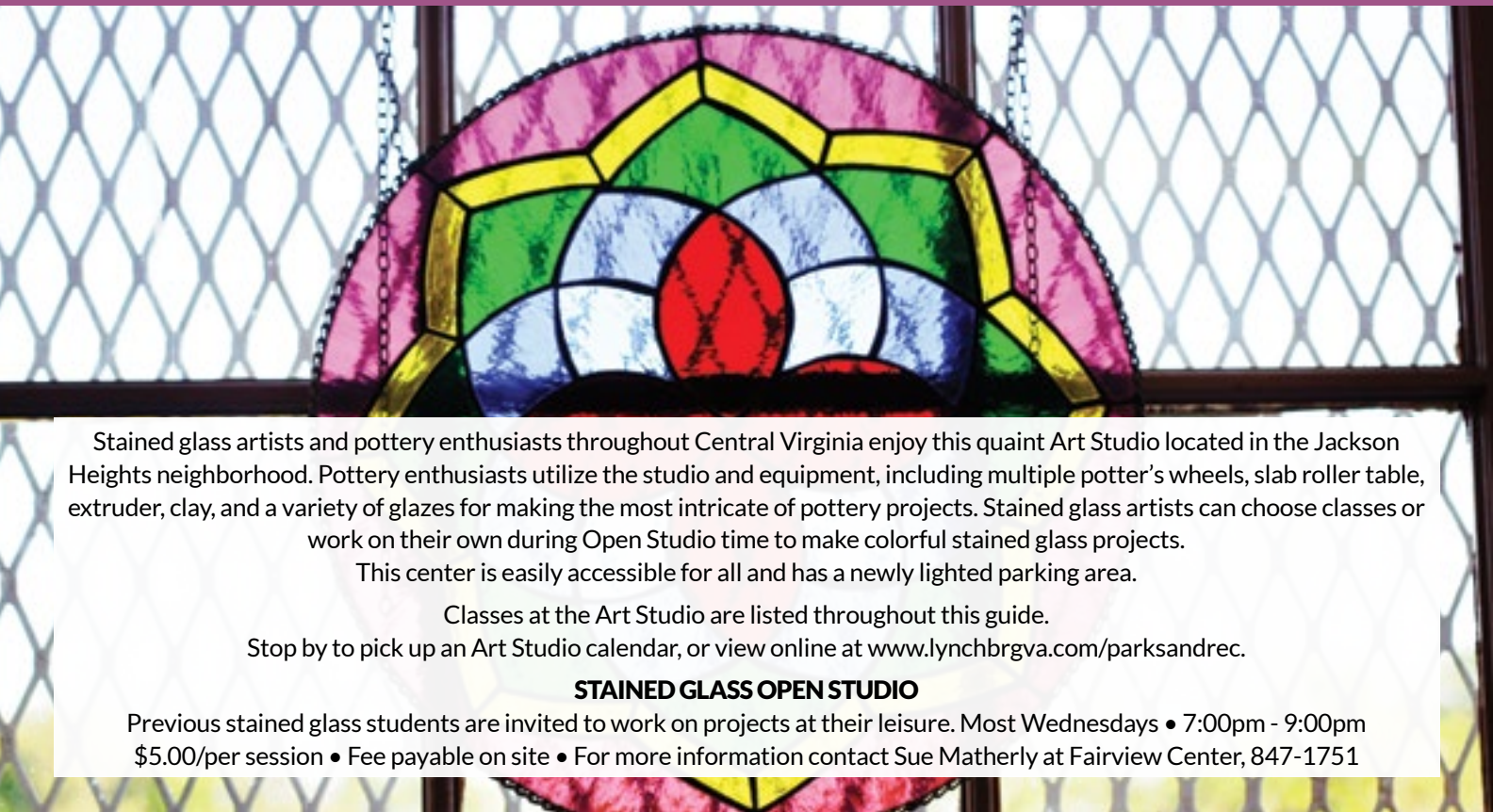
4th Monday monthly 10:00am - 11:00 am
 This independent group of readers meets monthly to discuss pre-selected books of interest. See the newsletter or call 455-4115 for upcoming book selections. Meets at Drowsy Poet at Givens Books, 2236 Lakeside Drive.

Putt-Putt League

Mondays 9:00am - 11:00am
 Enjoy the fresh air on Monday mornings playing miniature golf! Adults only please. No registration required. \$3.00/two games
 Putt-Putt Fun Center, 8105 Timberlake Road.

The Art Studio at jackson heights

720 Winston Ridge Road
(434) 455-4001



Stained glass artists and pottery enthusiasts throughout Central Virginia enjoy this quaint Art Studio located in the Jackson Heights neighborhood. Pottery enthusiasts utilize the studio and equipment, including multiple potter's wheels, slab roller table, extruder, clay, and a variety of glazes for making the most intricate of pottery projects. Stained glass artists can choose classes or work on their own during Open Studio time to make colorful stained glass projects.

This center is easily accessible for all and has a newly lighted parking area.

Classes at the Art Studio are listed throughout this guide.

Stop by to pick up an Art Studio calendar, or view online at www.lynchbrgva.com/parksandrec.

STAINED GLASS OPEN STUDIO

Previous stained glass students are invited to work on projects at their leisure. Most Wednesdays • 7:00pm - 9:00pm
\$5.00/per session • Fee payable on site • For more information contact Sue Matherly at Fairview Center, 847-1751

Diamond Hill Center

1005 Seventeenth Street
(434) 847-1409



Built on the site of the former Marce T. Jones School, this location has long-held significance to the community. The grounds were recently renovated and today, this familiar center is abuzz with activities for friends and neighbors of all ages.

After-School Program • Summer Program • Senior Program • Teen Program
Soul Slide-Dancing Classes • Open Recreation • Community Events

Daniel's Hill Center

317 Norwood Street
(434) 847-1396



Conveniently located off Rivermont Avenue in the Historic Daniel's Hill Neighborhood, the Center is just steps away from Point of Honor Museum and the Blackwater Creek Trail. Daniel's Hill Center offers something for everyone.

**After-School Program • Summer Program • Senior Program
Teen Program • Open Recreation • Community Events**

Jefferson Park Center

405 York Street
(434) 847-1405



With an expansive campus, Jefferson Park Center is home to tennis courts and an athletic field—perfect for throwing discs, flying kites, or playing ball. Terraced seating overlooking the field recalls that this park has been a staple in the community for decades.

**After-School Program • Summer Program • Preschool Playgroup with Lynchburg City Schools
Senior Program • Teen Program • Open Recreation • Community Events**

Yoder Center

109 Jackson Street • (434) 847-1645



This vibrant and engaged center offers programs for youth, adults, and families. Located near the Fifth Street Business District, and close to the Blackwater Creek Trail, there's always adventure in store at this recently renovated center.

After-School Program • Summer Program • Senior Program • Teen Program • Open Recreation • Community Events

College Hill Center

**811 Jackson Street
(434) 847-1418**



Situated in the heart of the City, College Hill Center is compact, energetic, and serves as a recreation hub for busy people on the move. Catch a spirited game of basketball on the court, or a two-hand touch football match on the front lawn.

**After-School Program • Summer Program • Senior Program
Teen Program • Open Recreation • Community Events**



EXPERIENCE THE JAMES

Lynchburg's Pathway to the World

www.experiencethejames.com

June 6, 2014 - December 31, 2015

The Lynchburg Museum's new exhibit on "America's Founding River" covers exploration, war, ecology, and more through art, archaeology, and artifacts from museums across Virginia.



f / Lynchburg Museum System



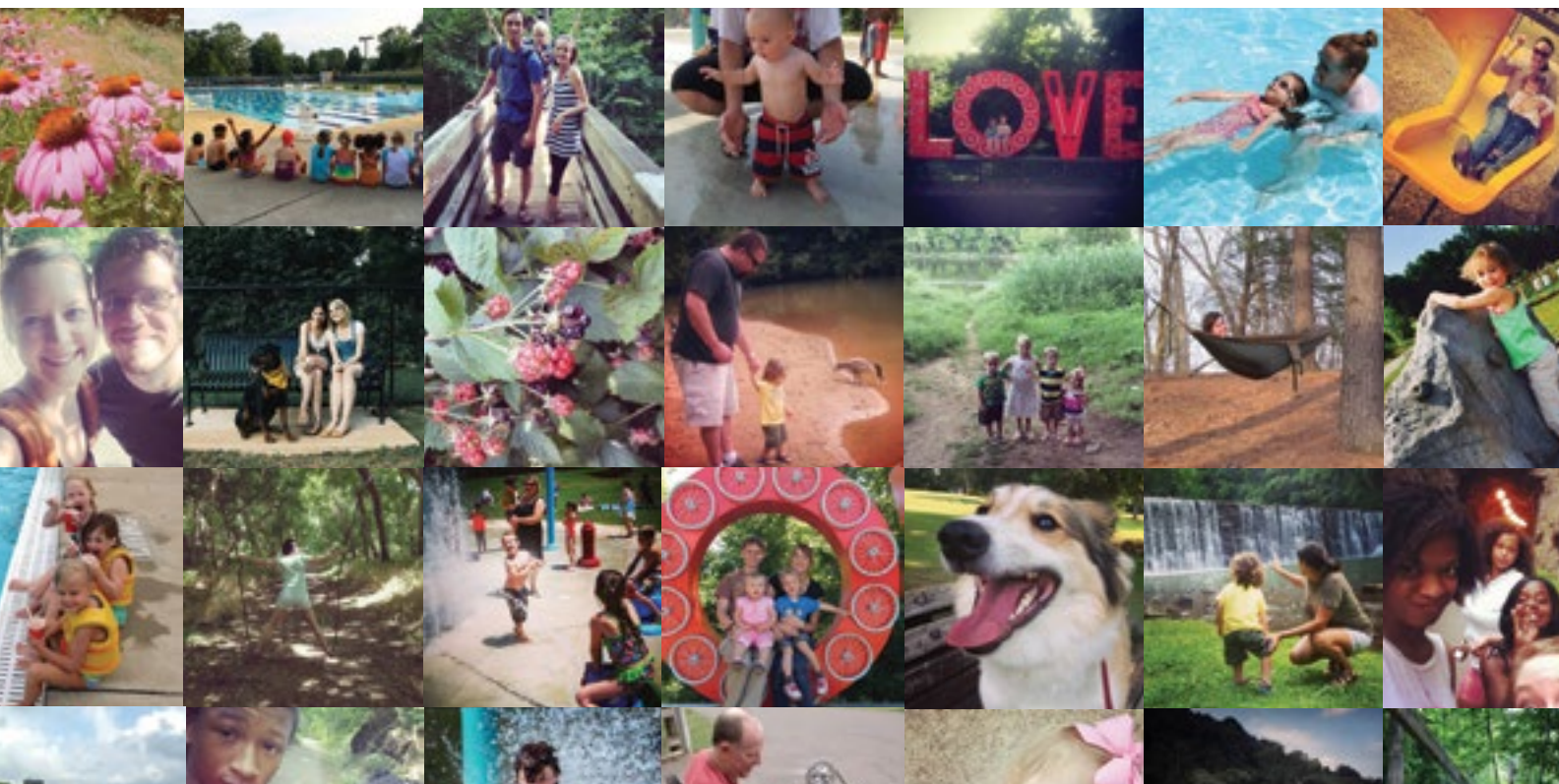
LYNCHBURG ALERTS



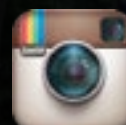
If We Can't Reach You... We Can't Alert You!

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#lynchburgparks



REGISTRATION FORM

Lynchburg Parks & Recreation • 301 Grove Street, Lynchburg VA 24501 • 434-455-5858 • FAX 434-528-2794

How did you hear about this activity?

- ☐ Activity Guide ☐ Email ☐ Facebook ☐ Twitter ☐ News Story - Newspaper/Magazine/TV ☐ Advertisement - News Paper/Magazine/TV
☐ Outdoor Advertisement ☐ LTV ☐ Print Newsletter/Calendar ☐ Postcard ☐ Website ☐ Word of Mouth ☐ Other: _____

Date of Birth: ____ / ____ / ____

Participant's Name:

☐ Female ☐ Male

City of Lynchburg Resident? ☐ Yes ☐ No *Only participants living in the City of Lynchburg are eligible for Lynchburg Resident Rate (LR).*

Participant's Street Address (REQUIRED):

Mailing Address (IF DIFFERENT THAN STREET ADDRESS):

Street Address

Street Address or PO Box

City

State

Zip

City

State

Zip

Home Phone:

Work:

Cell:

Email: _____

Emergency Contact:

Relationship:

Phone:

PARTICIPATION AGREEMENT WITH 911 RELEASE

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understanding any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). *In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.*

Sign Here → Signature of Participant or Parent/Legal Guardian (REQUIRED) : _____ Date: _____

PHOTO RELEASE

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and social media. I, the undersigned, have read this release and understand all its terms.

Sign Here → Signature of Participant or Parent/Legal Guardian: _____ Date: _____

ACTIVITY TITLE

ACTIVITY

START DATE

FEE or LR FEE

			\$
			\$
			\$

OFFICE USE ONLY

Receipt Requested?

Total Due:

Receipt #: _____ Processed by: _____ Date: _____

☐ Yes ☐ No

\$

METHOD OF PAYMENT

☐ Cash (Do not send cash through the mail.)

☐ Check (# _____)

☐ Money Order

☐  ☐ 

Expiration Date: _____

CREDIT CARD AUTHORIZATION

Must be completed for all mail-in credit transactions.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Total Amount Charged: \$ _____

Cardholder Name: _____

Cardholder Signature: _____

Name and Address of Person Paying for Activities (if different than participant):

Name

Street Address

City

State

Zip

REFUND POLICY

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.



RecQuest

Are you looking for an activity, class, or program suitable for groups? RecQuest is the answer!

Programs are designed for everyone and every occasion—from schools, organizations and Scouts, to neighborhoods, social clubs and family reunions. Parks and Recreation staff can customize a program to fit your needs. Use your own location, or join us at one of Lynchburg's parks, trails, or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

RecQuest Package Programs

- Exploring the Arts** Theatre Fun • Dance into Action
Explore an Art Medium
Creative Sculpture
- Athletics** Basketball FUNdamentals • Winning Softball Skills • Fantastic Fitness
- Genealogy** Introduction to Genealogy • Beyond Genealogy Basics • Web Genealogy
- Naturalists** Explore the Seasons • Fall and Winter Hibernation • Live Animals • Scout Badge Programs • Canoes & Kayaks

Call (434) 455-5858 to request more information and a fee schedule.



LYNCHBURG COMMUNITY MARKET

LOCAL & PROUD SINCE 1783

OPEN | ★ ★ ★ ★ ★
YEAR-ROUND | ★ ★ ★ ★ ★
TUES – SAT
7:00am – 2:00pm
FARMERS MARKET
 * SATURDAY 7am – 2pm
 * WED 10am – 2pm (SUCROIA) *

← →
LYNCHBURGCOMMUNITYMARKET.COM
 ☎ (434) 455-4485 ☎
 1219 MAIN ST | LYNCHBURG VA 24501

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